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... of different methods of determining power output in **weightlifting exercises**

N Hori, RU Newton, K Nosaka, MR ... - Strength & Conditioning ..., 2006 - journals.lww.com

... to explain the complete biomechanics of power is beyond the scope of this article, and the interested **reader** is therefore ... Then we discuss whether these methods can be applied to measure power output in **weightlifting exercises**. ... output **data** for testing and training their athletes. ...

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... supplementation and resistance training on muscle strength and **weightlifting** ...

ES Rawson, JS Volek - The Journal of Strength & Conditioning ..., 2003 - journals.lww.com

... 3RM bench press, etc.) and/or **weightlifting** performance (eg, number of bench press repetitions at 80 ... only pro- vided change scores (27) was included in the table for the **reader's** benefit, but ... ing resistance training in older subjects were excluded (4, 8), because few **data** on the ...

[Cited by 47](#) - [Related articles](#) - [BL Direct](#) - [All 9 versions](#)

System and method for mobile entry of fitness program information

GL Sanders, CJ Marsey - US Patent App. 10/459,255, 2003 - Google Patents

... to: receive **data** corresponding to at least one bar code as read by the bar code **reader**; and provide **data** corresponding to a graphical **user** interface for display on the graphical **user** interface device for monitoring at least one of diet, **exercise** or weight training, in accordance ...

[All 2 versions](#)

Exercise parameters monitoring, recording and reporting system for free weight, ...

PJ Capuano - US Patent App. 10/417,103, 2003 - Google Patents

... A bar-code **reader** is operatively coupled to the equipment to read the bar-code markings and track the weight lifted, frequency of lift and other parameters. Sport-simulation **exercise** machines record **data** by internal software. ...

[All 2 versions](#)

Chest and shoulder **weight lifting** apparatus

BW Warren - US Patent App. 11/643,448, 2006 - Google Patents

... No.: 11/643,448 (22) Filed: Dec. 20, 2006 Related US Application **Data** (60) Provisional application No. 60/755,643, filed on Dec. ... CONCLUSION, RAMIFICATIONS, AND SCOPE [0044] Accordingly the **reader** will see that the chest and shoulder **weight lifting** device can be ...

[All 3 versions](#)

... SELECTING A CONDITION OF A FITNESS MACHINE IN RELATION TO A **USER**

P Olivera Brizzio, F Al-gharabally - 2008 - freepatentsonline.com

... configuration. and **data** extraction. ... **user**. Thus, a whole system is composed of: a) A **weight lifting** fitness machine (does not matter the brand, in this case IRON BODY brand); b) An RFID **reader** and antenna (eg, a Samsys); c ...

[PDF] Fitrax: Workout Tracker MS10

R Leonard - iris.lib.neu.edu

... For example, if one were doing a **weightlifting exercise** it would ask you how much weight you are lifting and how many repetitions, if it was a ... This button brings up a dialog that allows the **user** to enter in **exercises** that don't have a card **reader** and submit this **data** to the ...

[View as HTML](#)

RW Leonard - Honors Junior/Senior Projects, 2006 - iris.lib.neu.edu

Spinal loading during circuit **weight-training** and running.

... weight-training and running. The former is often conducted as a circuit with **weight-lifting exercises** and this type of regime has been shown to produce an effective training stimulus for the cardiovascular system (Reilly and Thomas, 1978; Gettman et al, 1982). ...

AB Ish III, LK Lines... - US Patent 5,605,523, 1997 - Google Patents

... 1, 1994 Related US Application **Data** [63] Continuation-in-part of Ser.No. ... Understanding of the cable paths of the invention will assist the **reader** in better understanding ... **exercise** station, each of which is capable of accommodating a plurality of **weight lifting exercises**, is located ...

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